

## **Expert Speaks. How to handle the break up.**

It didn't hurt. Not "hurt". Hurt is a four letter word. It's short, almost cute sounding. Aww, did that hurt?

**No. It didn't hurt. Destroyed. Obliterated. Desecrated. Annihilated. Demolished. Shattered. Or demoralised may be. But no. It didn't hurt. It didn't "hurt" at all.**

To all those who have gone through a relationship failure for the first time, this remains the feeling.

Breakups are painful. It's messy too, especially if you are dealing with it for the first time. Your heart literally stops. Your blood congeals. You behave like an insect pinned on the wall or the person choking to death for lack of oxygen. You feel like being crucified or slaughtered mercilessly for no big reason as such.

Those memories literally haunt. The place where you have been together tries to assassinate you. You visit and revisit those conversations. Scroll down chats crazily to find a glimmer of hope, just. Write emails like a hysterical or type texts like a maniac. It's more excruciating when you literally have no clue about why it all happened and you realise that after being too good, you were too easy to be left alone. It's gut-wrenching to know that you weren't worth a few explanations just. You landed up being a person not worth a single fight for.

This phase of life is the toughest to deal with. You operate on sleeping pills trying to switch off your mind and slumber. You lose your daily routine and desire to work. It's more catastrophic if you stay alone. Your motivation level is finished and you just try to survive for one day at a time. It's not just too heavy. It's ruinous. Noxious. Cataclysmic. It's wounding.

Let's first try to decipher the complex emotions you feel after breakup.

**1- Shock and denial.** Here you go to Gods also and beg for their presence. You tell yourself that your significant other will soon realize that they are wrong and come running back. You can't believe that this is happening to you because you were once "the perfect couple." You tend to forget all the bad things or see them through rose-coloured glasses. You continually tell yourself that you guys will fix things, and everything will be okay.

**2- Desperate need for answers.** This generally complicates the process too. I know that many of us have gone through the crazy stage. This is when you have realized that the breakup is real, but you are not going to let it stay that way. You are going to do everything you can to try to make this person come back into your life. You are willing to do anything if it means being with them again.

Unfortunately, most people in this stage bombard their ex with calls, texts, emails, and letters and beg for them to respond. You promise them that this time will be different. You promise to make all of the wrongs right. You try to remind them of all the good memories and make them see that it wasn't so bad after all. You promise to do anything to make it work.

**3- Fear, loneliness and sadness.** In this sequence, fear, loneliness and sadness is the most difficult phase to deal with. It's the phase where depression generally starts. For some reasons, you torture yourself. You will cry in solitude to the point where there are no more tears left. You listen to a song a million times or look at the pictures all over for a day complete. You will ask questions if you were good enough?

While you may have felt some initial sadness mingling with the shock of the breakup, it truly hits when you start to understand that the split is real. You'll likely want to stay in bed and hide under the covers, feeling lonely, depressed, and sorry for yourself. Talking to friends and family is not an option, and you want nothing to do with what is going on around you.

**4- Peace and acceptance.** Even though you feel as though you will never get to the point of peace, you will. One day you will sit back and realize that you have made it! In spite of the heartache, tears, anger, and fear, you are still alive! Thinking of this person will bring about happy feelings instead of feeling like a knife is cutting through your heart. You will be much stronger than you were before, and you will have learned a lot about what you need and want. This is a major breakthrough, so you should be proud!

**5- Forgiveness.** Sometimes it can take quite a while to reach this point. Accepting the breakup and coming to terms with why it happened is very different from actually forgiving your ex and—more importantly—yourself, so don't rush it. You *will* get there, and when you do, you will know that you have well and truly moved on.

**Important point to mention here is, sadness is a necessary step in the grieving process. But if you ever start to have thoughts about the self-harm, reach out to a crisis counsellor immediately.**

Coming on to the ways to cope up with the breakup.

1. Remember the good times and all that the relationship taught you.
2. Make an effort to stay healthy through the process of letting go. Eat properly. Go gymming. Get out of the house. Socialise.
3. Don't jump right into another relationship or rebound sex.
4. Find a new hobby or volunteer about the cause you care about.

5. Let yourself cry. Crying is a normal thing after break up. so, if you feel like tears need to flow; let them. Keeping your emotions bottled up can make things even worse.
6. Know that you can't make someone love you.
7. Don't be so hard on yourself and allow the time to heal.

Letting go of feelings that you aren't good enough or that you aren't worthy of love can be almost as hard as letting go of your ex, but it is absolutely necessary. Just because someone might have stopped loving, you should *never* stop you from loving yourself. So tell yourself—every day—that you deserve to be happy (and believe it!).

And always remember to be a very good human in this process. One bad chapter can't decide your complete story. Go through it but always remember that it's not the end of your life. You haven't been worth a fight for someone but for someone else, you will be worth a million fights.

Last and the most important statement.

**If you really love that person. learn to wait. May be you aren't meant to be together today. but meant to be in future.**

By  
Siddhartha Yadav  
Founder & Director  
The Crescent Moon Project